



Friendship Heights

VILLAGE NEWS

JANUARY 2018 VOLUME 34, NO. 1 www.friendshipheightsmd.gov 301-656-2797



Museum of the American Revolution, page 5



An evening at Theater J

Join us for the highly anticipated East Coast premiere of "Everything Is Illuminated" at Theater J on **Thursday, Feb. 1.**

Based on the best-selling novel by Jonathan Safran Foer, this stunning and moving stage adaptation tells the story of a young man who journeys to the Ukraine to find the woman who saved his grandfather from the Nazis. As he knows nothing of Eastern Europe, he goes online and hires a pair of entertaining Ukrainians with very limited English skills as "heritage guides" - and an amorous dog named Sammy Davis, Jr. Located in the Edlavitch DC Jewish Community Center near Dupont Circle, Theater

J is the nation's largest and most prominent Jewish theater. Its mission is to "preserve and expand a rich Jewish theatrical tradition and to create community and commonality through theater-going experiences."

The cost of the evening is \$79, which includes an orchestra ticket, transportation, and driver gratuity. We will depart from the Village Center at 6:15 p.m. Residents may sign up immediately; nonresidents may sign up Jan. 5. There are 19 spaces available. The British Theatre Guide wrote of the play: "'Everything Is Illuminated' is such a strong work that its quality will shine through and audiences will fall in love." Don't miss it!

It's a Mardi Gras celebration for the whole family!

Mardi Gras arrives a little early this year in Friendship Heights as we celebrate Fat Tuesday with a concert, light refreshments and crafts for children on **Sunday, Feb. 11, from 6:30 to 8 p.m.**

This free event features a rousing performance by the Dixie Power Trio, a four-piece group dedicated to the music and sounds of Louisiana. Formed in 1992, the band is led by tuba/bassist Andy Kochenour and cornet/accordionist Zack Smith. The group is based in Fredericksburg, Va., and has toured extensively throughout the United States, playing a gumbo of different styles

including zydeco, Cajun, New Orleans jazz, funk, street parade, and rock. The songs are a mix of Louisiana-flavored originals and covers—all with a unique, happy-go-lucky attitude. The band's music has been featured on NPR's "All Thing's Considered" and on several WB television shows. Over the past few years the DPT has shared the concert stage with many Louisiana music luminaries including Wynton Marsalis, the Neville Brothers, and Beausoleil.



We'll also have craft items available for children to make masks.

The event is free, but please call us at 301-656-2797 if you plan to attend.

Kyi May Kaung on the Rohingya refugee crisis, page 4



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Friendship Heights

VILLAGE NEWS

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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the February issue is Jan. 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Melanie Rose White
Volunteer Editor

Anne Hughes O'Neil
Staff Writer, Layout, Advertising

Jennie Fogarty
Staff Writer

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Village Council Update

County Planning Board to consider proposed Bicycle Master Plan

The County has submitted the draft Bicycle Master Plan to the Planning Board. A public hearing will be held on January 25. You can view the plan at www.montgomeryplanning.org/bikeplan.

At the December 11 Village Council meeting, we had a brief discussion about the proposed plan. A separated bikeway is indicated on Willard Avenue, but the map does not specify where it would be located. We had sent photos to the bicycle planners (taken by Council Chairman Mike Dorsey) showing the frequent trucks and



commercial vehicles on the north side of Willard, which would make a bike lane highly impractical and unsafe.

There is a separated bike lane proposed on Somerset Terrace connecting to Friendship Boulevard through the gated entrance, which we are objecting to. Somerset Terrace is a private road under the control of the Somerset House Management Association.

The plan also calls for separated lanes on South Park and Friendship Boulevard. We have the same concern here as we did with the proposed bikeway on North Park Avenue (subsequently removed from the plan), namely, the proliferation of trucks and other vehicles occupying curb lanes on a daily basis to serve the high-rise buildings.

The Council will submit testimony for the January 25 hearing. We will stress that the Village has control of the rights-of-way and our roads. Beginning January 15, you can sign up to testify online at montgomeryplanningboard.org/meetings/signup-to-testify/, or via email to mcp-chair@mncppc.org.

Update on 5320 Willard Avenue property

Mayor Melanie White, along with Council members Mike Dorsey and Paula Durbin, met on November 28 with County staff to discuss the Willard Avenue property. Norman Knopf and several other community representatives also attended the meeting.

Planning Board Chairman Casey Anderson agreed the house should be torn down eventually, but only as part of a larger plan to enhance the property. The planning process will take time because County staff need to be assigned to the project, public hearings need to be held, and so forth.

Mr. Anderson described a new County program that is being developed aimed at refreshing, rather than overhauling, County parks. The parks refresher program will have funds dedicated to sprucing up parkland, such as the Willard Avenue property. He has promised to

make Willard Avenue the first park to be refreshed if the County Council agrees to fund the parks refresher program.

In the meantime, the County will probably rent the house for another year or two while the refresher project is developed.

County staff are open to suggestions on how to refresh this property, including a possible dog park, soccer field, tennis court, or another amenity.

Chairman Anderson indicated that the County would look at enhancing the signage at entrances to Willard Avenue Park and cleaning up overgrown vegetation in the very near future.



Volunteers needed for Center front desk

Critically important to the success of our Village Center is the welcome visitors receive at the front desk. Ever since the Center opened in 1986, volunteers have assisted staff as front desk receptionists. We could not get along without them.

Answering the phone, signing up folks for classes and trips, answering tons of questions (or finding out who can), and serving as the first contact many people have with the Center, make this position not just important, but an enjoyable way to get involved.

If you like working with people and have some time you can spare, please give us a call or come in and pick up an application. Hours are flexible, and we will teach you what you need to know.

Think about it! Ask for Tracey Biagas at 301-656-2797.



Front desk volunteer Helen Vamvas recently passed away at the age of 92. She was a wonderful part of our team at the desk and will be greatly missed.

Actions taken at the December 11 Council meeting:

- Approved proposal from Acker & Sons plumbing for installation of water meter and related equipment in Page Park;
- Approved proposal for replacement of fire alarm panel at the Center.

The next Council meeting, open to the public, will be Monday, January 8, at 7:30 p.m.

Tea and Talk: The Rohingya

Kyi May Kaung, a fiction and poetry writer, political economist, and Village resident, will discuss the plight of the Rohingya at the Village Center on **Wednesday, Jan. 10, at 2 p.m.**

The Rohingya are often described as “the world’s most persecuted minority.” They are primarily Muslims, who have lived for centuries in the mostly Buddhist country of Myanmar (formerly known as Burma). Since the late 1970s, nearly one million Rohingya have fled Myanmar due to widespread persecution.

Dr. Kaung worked in the nonprofit sector in Washington, D.C., for nearly two decades in the Burmese overseas struggle for democracy. After the program, please stay for tea. Call 301-656-2797 to RSVP.

The Village Book Club will meet on **Tuesday, Jan. 16, at 11 a.m.** The book selection is “Before the Fall” by Noah Hawley. Look for a copy in the Center Reading Room in the “Village Book Club Selections” bookcase.



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ON THE GO...

Visit the Museum of the American Revolution

Join an angry mob that pulls down a statue of King George III, wrestle with conflicting ideals of loyalty and independence, or face the enemy on the front lines of battle when we visit Philadelphia's newest museum, the Museum of the American Revolution, on **Wednesday, Jan. 17.**

The museum, which opened in 2017, tells the story of the Revolution using authentic objects such as manuscripts, artwork, weaponry and personal diaries, as well as replicas of important scenes, and digital recreations of historic events. Prior to our tour, you will enjoy lunch on your own in the museum's café.

After lunch, we'll enjoy a guided highlights tour, then you'll have time to explore the museum and its gift shop on your own.



We'll depart from the Village Center at 9:15 a.m. and should return by 7:15 p.m.

The cost, which includes round-trip transportation, admission and guided tour of the museum, and all taxes and gratuities, is \$80.

Sign up immediately at the Village Center. The deadline to register is Jan. 2.

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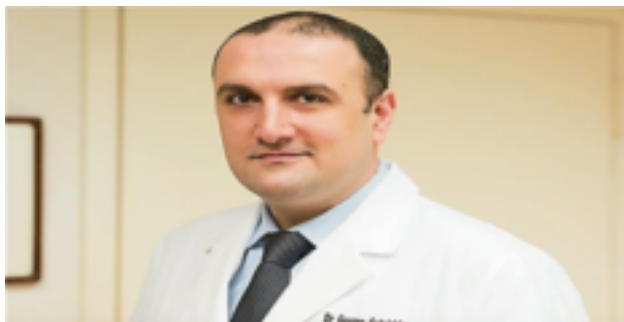
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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

Thursday, Jan. 4, 7 p.m. — “The Book of Henry”— Susan is a single mother of two young boys including one who has been discovered to be a genius. While Susan believes her son’s ability should not keep him from having a normal childhood, he has a much different idea. Stars Naomi Watts and Jaeden Lieberher. Rated PG-13. Running Time: 105 minutes.

Thursday, Jan. 11, 7 p.m. “The Beguiled”— During the Civil War, a Union soldier is injured, captured and held prisoner at a boarding school for Confederate girls. He begins to manipulate each of the residents of the school, taking advantage of the situation and their intense loneliness. In time, the girls begin to fight in an effort to win his affections. It is not long before he becomes the subject of their ire. Stars Colin Farrell, Nicole Kidman and Kirsten Dunst. Rated PG-13. Running Time: 93 minutes.

Thursday, Jan. 18, 7 p.m. — “Paris Can Wait”— Without much excitement, Anne expects a long, boring drive from Cannes to Paris with her film producer husband’s business partner. Anne’s travels turn out very differently from her expectations as her traveling partner introduces her to two days of delicious meals, marvelous wines, and the sights of the French countryside. Stars Diane Lane, Arnaud Viard and Alec Baldwin. Rated PG. Running Time: 92 minutes.

Thursday, Jan. 25, 7 p.m. — “Leap”— A French orphan girl in Brittany with a passion for dancing seizes the opportunity and goes to Paris with her friend, an aspiring inventor, to see if she has what it takes to become a pupil at the Grand Opera House, a famous dance school. Stars the voices of Elle Fanning, Dean DeHann and Carly Rae Jepsen. Rated PG. Running Time: 89 minutes.



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ART and CULTURE

This month in the Friendship Gallery



"Sun Intrusion" by Hank Douglas



"Cuba" by Kirth Bobb

The 2018 All Photography Art Exhibit, curated by Center instructor Llewellyn Berry, highlights emerging students and established practitioners of photography, each bringing to the medium an edgy and exciting contemporary art vision.

Twenty-three photographic artists represent "old school" film and chemical-based photographic work, as well as contemporary digitally crafted images. All are invited to meet the artists at a reception on **Sunday, Jan. 14, from 11:30 a.m. to 1:30 p.m.**

The exhibit runs from Jan. 8 to Feb. 3. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m.

to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

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Friendship Heights
Village Center



Calendar
of Events

2018

J A N U A R Y						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>New Year's Open House 2 to 3:30 p.m. Shuttle bus runs 1:30 to 4 p.m. between buildings and Village Center</div>	<div>2</div> <div>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates</div>	<div>3</div> <div>10:15 a.m.: Yiddish 12 p.m.: Chess Group 5:30 p.m.: Community Advisory Committee Mtg.</div>	<div>4</div> <div>8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: The Book of Henry</div>	<div>5</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</div>	<div>6</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
<div>7</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>8</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING</div>	<div>9</div> <div>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates</div>	<div>10</div> <div>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes 2 p.m.: Tea and Talk: The Rohingya 5:30 p.m.: Program Advisory Committee Mtg. 7:30 p.m.: Concert: Eric Byrd</div>	<div>11</div> <div>8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: The Beguiled</div>	<div>12</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</div>	<div>13</div> <div>8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography</div>
<div>14</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</div>	<div>15</div> <div>Martin Luther King, Jr. Day Center Open 9 a.m. to 2 p.m. 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books Shuttle bus runs on weekend schedule</div>	<div>16</div> <div>8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates</div>	<div>17</div> <div>9:15 a.m.: Depart for Philadelphia 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes</div>	<div>18</div> <div>8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Paris Can Wait</div>	<div>19</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</div>	<div>20</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
<div>21</div> <div>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>22</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7 p.m.: Café Muse</div>	<div>23</div> <div>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates</div>	<div>24</div> <div>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes 2 p.m.: “Imagining Yourself at Age 120” 7:30 p.m.: Concert: Beau Soir</div>	<div>25</div> <div>8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 7 p.m.: Movie: Leap</div>	<div>26</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</div>	<div>27</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</div>
<div>28</div> <div>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>29</div> <div>9:30 a.m.: Tai Chi Intro. 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training</div>	<div>30</div> <div>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates</div>	<div>31</div> <div>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes 7:30 p.m.: Concert: David Garlock</div>			

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Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m

Thank you generous neighbors!

A big thank you to all the Village residents who donated 589 pounds of canned and boxed food to county families in need. The food was delivered to Manna Food Center in Gaithersburg just before Christmas. Manna is the main food bank in Montgomery County and feeds nearly 40,000 individuals every year.





CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Jan. 10 – Feb. 14. Ms. Winter, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays, 10:30 a.m. to 1:30 p.m., Jan. 20 – March 10, \$120. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>.

BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays, 9:30 to 10:30 a.m., Jan. 6 – Feb. 24, \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their

cameras, understand how to see and use available light, and learn about composition and subject selection. Students must have a digital camera and a flash drive. Class will not meet Jan. 13 nor Feb. 17.

EXERCISE

BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Jan. 9 – Feb. 13. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Jan. 5 – Feb. 9. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to 11:50 a.m., Jan. 10 – Feb. 14. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI (Introduction)

A 6-week class, Mondays, 9:30 to 10:30 a.m., Feb. 5 – March 12. Taught

by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for more information.

DC TAI CHI (Ongoing)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., Feb. 7 – March 14. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for more information.

MAT PILATES

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., Jan. 2 – Feb. 6. Pilates movements tone the body from "the inside out" bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

SEATED YOGA AND MEDITATION

A 6-week session, Thursdays, 10 to 11:15 a.m., Jan. 4 – Feb. 8. Students

NEW!

are seated in chairs or use chairs for support. The class includes stretching, gentle breathing, and guided meditation proven beneficial to the immune system. Instructor Louisa Klein brings more than 40 years teaching experience. She is a member of the International Yoga Teachers Association (IYTA) and former Vice President of IYTA USA. \$70 for residents; \$75 for nonresidents.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Jan. 8 – Feb. 26. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents. Class will not meet Jan. 15 nor Feb. 19.

YOGA

A 10-week class, Sundays, 9:10 to 10:30 a.m., Jan. 21 – April 8. Hatha Yoga for beginning and continuing students taught by Robin Dinerman, host of TV's Cherryblossom Yoga. The session includes semi-strenuous postures, stretches, and coordinated breathing, and a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don't eat for 2 hours before class. \$140 for residents; \$150 for nonresidents. Class will not meet Feb. 18 nor April 1.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays from 12 to 4 p.m. The nurse is also available for consultations on Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at 301-255-4250. The free service provides Medicare beneficiaries of any age information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Hot beverages, cookies, assorted

pastries, and fruit are served by Village volunteers Tuesdays from 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caretaker or family member over age 13.

VISION SUPPORT GROUP

Meets one Thursday a month at 10:30 a.m. for coffee and bagels. Contact Janet Morrison, group facilitator, at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.



CONCERTS

During the months of January, February and March, concerts are held on the second and fourth and, if applicable, the fifth Wednesday of the month from 7:30 to 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Jan. 10 — Eric Byrd — Pianist Eric Byrd was born in 1970 and raised outside Philadelphia, where he grew up listening to his father's swing and be-bop records. Since 1990 he has been a member of the Howard Burns Quartet. Byrd can be heard on Ron Kearns's live CD, Thad Wilson Big Band's debut CD, and his own trio recordings. His performance in January will feature gospels, spirituals and a little jazz.

Wednesday, Jan. 24 — Beau Soir — The Beau Soir Ensemble is a flute, viola, and harp trio in the Washington, D.C., area dedicated to the performance of a standard and contemporary repertoire spanning

a variety of musical genres. The group was founded by harpist Michelle Lundy in 2007. The Trio regularly performs at venues and as part of acclaimed concert series in the DC and Baltimore area.

Wednesday, Jan. 31—David Garlock— Pianist David Garlock performs frequently as a member of the Da Capo Chamber Players. His program will include Bach's "Prelude and Fugue in A-Flat Major, Book II," Beethoven's "Sonata in F Major, Op.10, No. 2," and Gershwin's "Rhapsody in Blue."

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TO YOUR HEALTH

What is successful aging?

What if you had 40 or 50 more years to live than you expected? Would it make a difference in how you live right now? In his book “I’ve Decided to Live 120 Years” Ilchi Lee, one of the most renowned mindfulness teachers in our time, challenges us to radically rethink our ideas on aging, health, personal fulfillment, and what’s possible in our lifetime. Explore these possibilities at a workshop led by Joanne Steller at the Village Center on **Wednesday, Jan. 24, at 2 p.m.**

Ilchi Lee, who has spent nearly four decades helping people create better lives for themselves, is the founder of Body & Brain Yoga, Brain Education, and hundreds of other wellness programs and methods. Ms. Steller, a senior Body & Brain instructor, will discuss the concepts in Mr. Lee’s book and lead interactive exercises that

the author suggests can help you see ways to begin your own “second half” design.

Ms. Steller began her professional life as a newspaper and broadcast reporter and moved into public relations and marketing in retailing and the arts. She recently retired after 31 years in arts management, including 17 years leading marketing at the Kennedy Center and concluding her career as a consultant helping generate revenue for scores of music, dance and theater companies across the country. She became a Body & Brain practitioner in 2004 and master instructor in 2010.

Please let us know you plan to come by calling 301-656-2797. Can we have not only a long life, but also a fulfilling one? Mr. Lee’s answer is a resounding yes!

In the event of inclement weather, please call the Village Center at 301-656-2797 to confirm if the Center is open and classes are being held. We generally follow the federal government’s decision and try very hard to get an announcement on our phone by 7:30 a.m. Instructors may have their own snow policies.

You could have glaucoma and not even know it

The Vision Support Group will not meet this month, but reminds you that January is Glaucoma Awareness Month. Untreated glaucoma is one of the leading causes of severe vision loss or blindness in America, and the only way to find out if you have glaucoma is to get a comprehensive (dilated) eye exam.

Glaucoma can rob you of your vision and often comes with no early warning signs — no pain, no discomfort, no blurry vision. It begins with buildup of fluid that increases pressure in your eye and can cause damage to the optic nerve. The disease first affects your peripheral, or side, vision. As the disease advances, more noticeable vision loss will occur. If not controlled, the disease can lead

to permanent vision loss.

Paul Sieving, director of the National Eye Institute (NEI), advises “If glaucoma is detected in its early stages, pressure can be controlled through medication or surgery, and the progression of the disease can be delayed. Early detection by having a comprehensive dilated eye examination every one to two years is key to protecting vision especially if you are at higher risk.” You could be at higher risk for glaucoma if you are African American and age 40 or older, over age 60, especially if you are Hispanic/Latino, and have a family history of the disease.

2018 is the year to make a resolution for healthier vision and protect yourself from glaucoma.

To learn more and find tips on finding an eye care professional and information about financial assistance, visit www.nei.nih.gov/glaucoma or call NEI at 301-496-5248.

New life for your eyeglasses

Do you have old eyeglasses that you no longer wear? Consider donating them. Each month, the Leisure World Lions Club picks up eyeglasses and frames from the Village Center. The glasses are then disinfected and distributed to the underprivileged, particularly in developing countries.

Café Muse presents...

This month's Café Muse, on **Monday, Jan. 22**, will feature poets Marlena Chertock and Sean Enright.

Marlena Chertock has two books of poetry, "Crumb-sized" and "On that one-way trip to Mars," which was nominated for a 2017 Elgin Award from the Science Fiction & Fantasy Poetry Association. Marlena is a graduate of the Jiménez-Porter Writers' House at the University of Maryland and uses her skeletal dysplasia and chronic pain as a bridge to scientific poetry. Her poems and short stories have appeared or are forthcoming in "Breath & Shadow," "The Deaf Poets Society," "The Fem," "Paper Darts," "Wordgathering," and other publications. She lives in Washington, D.C., and serves as the poetry editor of District Lit. Find her at marlenachertock.com or @mchertock.

Sean Enright is the author of "The Beautiful Ones," his fourth collection of poetry. His previous volumes of poetry are "The Intelligence Officer Prepares to Enter Heaven," "Bob Dylan Sleeping," and "My People: Selected Poems, 1990-2012." He has also written two novels, "Nearly True" and "Goof and Other Stories."

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m. Café Muse is presented

by the Village of Friendship Heights and The Word Works, a nonprofit literary organization publishing contemporary poetry in artistic editions and sponsoring programs for more than 35 years.



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Our Listings in the Friendship Heights Community

FOR SALE

5600 Wisconsin Ave. #1603
\$2,775,000: 2 BR + Den, 2.5 BA, Renovated, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #603
\$2,249,000: 2 BR + Den, 2.5 BA, Views, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #906
\$1,649,000: 2 BR + Den, 2.5 BA, Renovated, Balcony; 2,278 SqFt

5600 Wisconsin Ave. #PH-18C
\$1,425,000: 2 BR, 2.5 BA, Balcony; 2,118 SqFt

5600 Wisconsin Ave. #1101
\$1,125,000: 2 BR, 2 BA, Views, Balcony; 1,593 SqFt

5610 Wisconsin Ave. #1003
\$2,650,000: 2 BR + Den, 2.5 BA, Renovated, Balcony; 3,021 SqFt

5610 Wisconsin Ave. #1102
\$2,399,000: 2 BR, 2.5 BA, Renovated, Balcony, Sensational Vista Views; 3,021 SqFt

5610 Wisconsin Ave. #1503
\$2,125,000: 3 BR, 2.5 BA, 2 Balconies; 3,021 SqFt

4301 Military Road NW #202
\$1,395,000: 2 BR + Den, 2.5 BA, Corner unit; 1,906 SqFt

FOR RENT

5610 Wisconsin Ave. #1206
\$6,300/month: 2 BR + Den, 2.5 BA, Balcony; 2,776 SqFt

5610 Wisconsin Ave. #505
\$4,700/month: 2 BR, 2.5 BA, Balcony; 1,450 SqFt

5630 Wisconsin Ave. #203
\$5,000/month: 1 BR, 2 BA, 2 Balconies; 1,657 SqFt



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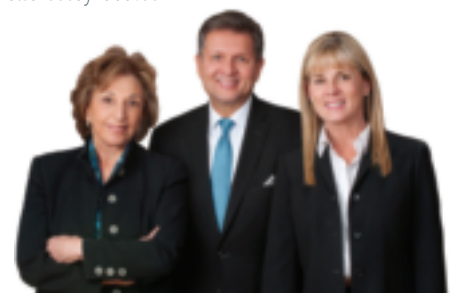


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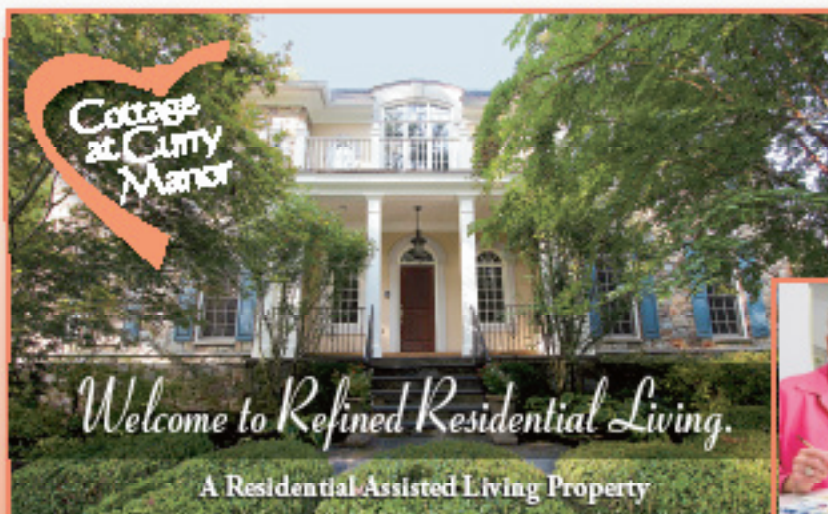


\$1,360,000
2 BD 2.5 BA
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January 2018 events calendar